

# Community Center Activities

## June-August



## Aerobics

<b>20/20/20</b> Mon 7pm @ Meridian \$3 members/\$5 non-members	<b>Total Transformation</b> Wed 7pm @ Meridian \$3 members/\$5 non-members <b>**Must be in class by 6pm**</b>	<b>Body Fit</b> Tues 6pm @ Meridian \$3 members/\$5 non-members
<b>Zumba</b> Mon, Thurs. 6pm @ Meridian Wed 9:30am @ Meridian Tues, Thurs. 7pm @ Felker \$3 members/\$5 non-members	<b>Pump Step Aerobics</b> Thurs 6pm @ Meridian \$3 members/\$5 non-members <b>*Must RSVP to timcaleb@windstream.net *</b>	<b>Stand up paddle board YOGA</b> at Meridian Lake Mon 9am- seated class Mon 10:30am- Stand up class \$30 for members/\$35 for non members
<b>Hip Hop Fitness</b> Tues& Thurs 7pm @ Meridian \$3 members/\$5 non-members	<b>Yoga- \$5 for Seniors/ \$7 non</b> Tues 9am @ Meridian Thurs 9 am @ Meridian	<b>Chair Massage Therapy</b> Tues 9am @ Felker Price Varies Thur 9am @ Meridia Price Varies
<b>Senior Fitness- FREE</b> Mon, Thurs 10:30am @ Meridian Tues, Fri 10:30am @ Felker	<b>Total Body Hip Hop</b> Sat 10am @ Meridian \$3 members/\$5 non-members	
<b>Personal Training</b> Mon-Sat @ Meridian and Felker Price Varies w/instructor  <b>*Contact trainers to set up apt.*</b>	<b>Personal Trainers</b> Heather Owens-heatherlynnowens@yahoo.com or 770-540-4680 Kristy Folgman- 404-550-1783 Nichole Hanson Nunnally- nichanson@windstream.net or 770-601-0102	

## Programs



<b>Adult Art-</b> \$15 members/\$20 non Thurs. 10am @ Felker	<b>Art- Young Artist</b> \$12 members/\$15 non Tues (5-9yrs) 3:30pm @ Meridian Tues (10-up) 5:15pm @ Meridian	<b>Thurs.(5-9yrs) 3:30pm @ Felker</b> <b>Thurs.(10-up) 5:15pm @ Felker</b>
<b>*ADULT ART-Must contact before coming to class*</b>		

**Fishing-** Free @ Meridian  
Every Saturday  
Wed.- Fly Fishing  
Tues- Senior fishing

For more details or instructors contact, etc. please check out our website at  
<http://www.waltoncountygov.com/Parks/CommunityCenters.htm> or check with our front desk attendant